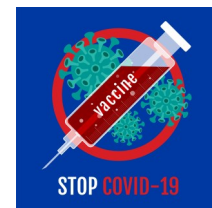


Why did I get vaccinated

Staff and providers share their thoughts



Tara Mendonca, M.D.

Why did I get Vaccinated? When I received a text on 12/23/2020 I was elated. " This is my Christmas present" I yelled happily to Patrick as I ran out of the door. The first COVID vaccine was a breeze mild arm soreness for a few days. Four weeks later I received the 2nd shot through the drive up at the Health Department. I had side effects to the second vaccine-chills, sweats and a headache. I took Advil every 8 hours with food and my symptoms resolved over the next 48 hours.



Would I change anything "NO". I encourage anyone reading this to consider getting the COVID vaccine. It will help increase herd immunity so that we may get our lives back. The selfish part of me wants to travel, eat out, allow my children to play sports , have birthday parties and sleep overs.

COVID has humbled me. I have learnt so much this past year. I am grateful for the support of my family and team at CIMG. I remember the patients I have lost, nursing home patients, the first responders, the many health care workers and law enforcement officers who work hard everyday.

Courtney G.
Call Center
Receptionist

I got vaccinated because I wanted to not only protect myself, but my family and others around me. After the vaccine I experienced mild arm stiffness and a low grade fever that only lasted the day I got the vaccine.



Andrew S.
IT Department

I decided to get vaccinated because I planned to at some point, just not initially. I figured, if I was okay with getting it in 6 months, why not go ahead and get it now to be ahead rather than behind.

I experienced no side effects other than the typical pain at the injection spot, but that wore off after two days. It was never really "bad", more so an annoyance.

It's very easy to say to yourself - It's too new... it hasn't been tested enough... What about the horror stories of the first people to receive the shot... All of these things ran through my head when the vaccine became a reality and we were offered it. Speaking with supervisors and especially Dr. Pomilla, helped calm my nerves about the vaccine. Most of all, I did it to protect my family! Here's to shot 2/2 in February!



Charlotte M.
Population Health Project Coordinator

I got vaccinated because my Mom lives with me and is high risk. My only side affect was a sore arm, but it was not as sore as when I got the flu shot. My advice is—don't believe all the conspiracy theories about the vaccine.



Paul Pomilla, M.D.

I got vaccinated for many reasons, but most of all for peace of mind! Especially now that I am approaching two weeks after my 2nd shot, I am just much more comfortable in the office, at stores, at home, and much more comfortable when my out-of-town children come to visit. Although I am still wearing masks at work and when shopping, etc, I can start to feel normal life returning.



For both my first and second vaccination, I had a sore arm for a day or two, a bit worse than I have with the flu shot, and mild fatigue for a day or so (but I still was able to stay busy like usual). The peace of mind the shots have given me are so worth the minor side effects I had for a day or two!

Lynne T.
Revenue Cycle Manager

I got vaccinated because I hope we can get enough adults vaccinated that my grandchildren will not need to get it and they will be able to get back to school, sports and friends sooner. I miss my life prior to COVID-19. When I got the vaccine I did not even feel it and only had a slight headache afterwards. My arm did not get sore.

I hate living in fear that someone close to me will get this and not have a good outcome. I don't like that my grandchildren have to wear masks all the time and it has become their new normal. I miss seeing their smiles and getting hugs.



Irish G.
Medical Assistant

I decided to get the COVID vaccine due to my medically disabled son and my high risk mother-in-law. My first vaccine was overall easy and caused only a slight tender arm. My second vaccine caused a little more side affects, but all in all I do recommend getting vaccinated for COVID. I figure I vaccinate for the flu vaccine and other vaccines my doctor recommends. If you get the flu, Hep A/B, Shingles, Pneumococcal and any other vaccines, why not get protected from COVID. "Help Stop the Spread".



Rosalind G.
Receptionist—PF

I'm a receptionist at CIMG. I took the Moderna Vaccine because I come in contact with patients who have health issues, so I want to protect them, myself and my loved ones at home from Covid. I had no side effects from the vaccine. I would recommend every one to get the vaccine.



Bonnie G.
Receptionist—PF

I decided to get the COVID vaccine because my boyfriend is a high risk patient and for my own health.

I received my first dose 1 month ago and had little to no side effects other than a sore arm for 2 days and 1 week later, a itchy injection site. My second dose came with nausea, fever, headache and intestinal issue that lasted for 2-3 days. Overall, I'm thankful that this vaccine was available so soon after this pandemic hit the USA. I'm thankful that CIMG made it available to all of their employees and by working closely with the health department, the experience was simple and easy. I know that wasn't a easy task.



MASK UP, LATHER UP, SLEEVE UP



- If you are ready to sign up for the vaccine, please contact Cathy Sharkey by email at csharkey@cimglocal.com. Include your name and your personal email address. Your email will be forwarded to the Health Department. Be on the lookout for an email from the Vaccination Clinic to register for the vaccine.
- If you are still not sure, but have questions....
- Talk with your co-workers that have had the vaccine to ask questions.
- Reach out to your PCP
- Send an email to Cathy Sharkey with your questions or concerns. You will receive an email response from one of our providers.

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